

南 中 风 采

GENERATION
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NANYANG GIRLS' HIGH SCHOOL

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NANYANG GIRLS' HIGH SCHOOL

2 LINDEN DRIVE S(288683)

tel 65. 6466 3275

fax 65. 6466 7564

email nygh@nygh.edu.sg

web www.nygh.edu.sg



2018 总统奖学金得主 President's Scholars

Penny Shi Peng Yi and Sharmaine Koh Mingli received their awards from President Halimah Yacob at the Istana in August last year. Penny is reading Urban Studies at Stanford University and Sharmaine studies History and Politics at Yale.

Both share some common views and both chose the service path in their high school experience. You can read on to know a little more about their road thus far.

What was your key motivation in high school?

Penny: CCA netball! It was the sense of family and support over 4 years, through ups and downs that motivated me. Council gave me purpose and an understanding that ethics must be at the heart of anything you do. This helps in navigating matters in life.

Shermaine: Friends, school community, teachers' passion which was infectious. Being in the Humanities Programme was a great influence. I was motivated to shift from immediate short term goals to bigger holistic things. And Capstone and CCA and team activities made me realise that individual achievement is not all. I learned responsibility to myself and others.

What one creative or interesting thing have you done that has made it possible for you to achieve your goal(s)?

Penny: My choice and decision to find myself and self-beliefs through introspection, through the Capstone experience.

Shermaine: To have found a defining point with Capstone, that for me, public service was important.

What events/ people have been crucial in your high school experience?

Penny: Council mentors. They prompted us to think of leadership ...that it is not

utilitarian, but people-centred, not for self gain but for serving a higher purpose. Council taught me to be open to and appreciate difficult questions.

Shermaine: Council mentors, certainly. They showed us how to look beyond self, be willing to try new things, especially the experiential, and not be afraid to explore and examine tough scenarios, as these opened up doors and challenged us to new understandings.

What is your definition of success and where do you see yourself in the next 5 years?

Penny: Success for me would be about empowering self and then giving back. Many things contribute to our achievements and it is never always yours alone. I look forward to giving back what I receive from others and finding meaning and joy in what I do.

Shermaine: Success, for me, is the ability to empower self to empower others. It is about giving give back to the community. Next 5 years? I'd like to reach a point at which I can influence and inspire others. That's an indicator of a commander, to lead and gain trust and lead your men to war for what you believe is for the common good.

(Note: Shermaine had joined the Singapore Armed Forces after high school.)

What is one piece of advice you could pass on to your juniors?

Penny: Don't let fear of failure stop you. Constant worry and doubt will only lead to missed opportunities. How you respond to failure defines you as a person more than your success.

Shermaine: Discomfort leads to growth and gratitude and humility. Know how to fail, don't beat yourself up. Find the courage within yourself to pick yourself up because in the grand scheme of things it doesn't matter.

How do you ensure balance in your packed schedules?

Penny: Running and nature hikes. I create time for myself to think and put things in perspective.

Shermaine: Family time. Especially when in the Army. Then there's football and reading, good for mind and body.

2018 总统奖学金得主

哈利玛总统于去年8月在总统府内把总统奖学金颁给了史芃艺和许铭苙。芃艺正在斯坦福大学修读城市研究，铭苙则在耶鲁大学修读历史和政治。

两者的分享有一些共同点，她们都谈了高级中学的学习与社会服务的体验。您可以通过以下访谈，了解她们的心路历程。



在高中时期，最能激励你的是什么？

芃艺: 网球！网球队给了我大家庭的归属感和支持，这些年，起起落落，不断地激励着我前进。学生理事会给了我人生的目标，让我了解，道德是你做任何事的核心，是我们做人的准则。

铭苙: 朋友，学校社区，教师的激情，最具感染力。人文学科有很大的影响力。使我有动力将短期目标转化为更大的整体目标。顶点课程 (Capstone)，课程辅助活动以及团队活动使我意识到个人成就并非全部。我学会对自己和他人负责任。

哪一件富有创意或有趣的事情，使你实现你的目标？

芃艺: 我通过参与顶点课程的讨论，从反思中找到自我和自我信念。

铭苙: 对我来说，顶点课程的意义就是服务社会是很重要的。

你的高中生活经历中哪些事/人是至关重要的？

芃艺: 学生理事会的导师。他们促使我们想到领导力.....它不是功利主义，而是以人为中心，不是为了自我利益，而是为了更高的目的。学生理事会教我要开放并重视困难的问题。

铭苙: 学生理事会导师。他们向我们展示了如何超越自我，愿意尝试新事物，尤其是经验，而不是害怕探索和直面艰难的处境，因为这些开启了一扇大门，挑战我们对新事物的理解。

你对成功的定义是什么？未来五年你认为自己会成为怎样的人？

芃艺: 成功是赋予自我权力，然后回馈社会。很多人帮助我们取得成功，我们永远不必孤军奋战。我期待着回馈社会，同时在我所做的事情中找到意义和快乐。

铭苙: 成功是赋予自我与赋予他人权力的能力，能够回馈社区。未来五年？我想成为一个可以影响和激励他人的人。这是身为一名武装部队指挥官的目标，领导和获得信任，并引导团队为共同利益而奋斗。

(注：高中毕业后，铭苙就加入了新加坡武装部队。)

你可以给学妹们什么忠告？

芃艺: 不要让失败的恐惧阻止你前行。不断的犹豫担忧只会让你错失良机。你如何应对失败，将会把你定义为一个怎样的人。

铭苙: 因为不自在使你成长，感恩和谦卑。知道如何失败，不要让失败击垮你自己。找到自己内心的勇气，使自己振作起来，因为在宏大的计划中，这些挫折其实是无关紧要的。

如何确保在紧凑的时间表里保持平衡？

芃艺: 跑步和远足。我为自己创造时间去思考并好好归纳。

铭苙: 保留与家人相处的时间，特别是在军队服役时；然后是踢足球和阅读，这有益于保持身心健康。





2019

WARM WELCOME TO OUR SEC 1 STUDENTS

热烈欢迎中一新生

The Sec 1 Orientation programme was filled with fun and exciting activities to welcome the new Sec 1s to the Nanyang family. The student leaders organised games and a school tour for the Sec 1s and the form teachers got to know the students better through icebreaker games and class bonding sessions. On the last day of the orientation programme, the student leaders organised an Amazing Race at the Botanic Gardens where everyone got to play games and appreciate nature at the same time.

The programme culminated in a camp fire at night in school at which each class put up a performance showing off their talents and teamwork. With the help of the Uniformed Groups teachers and students, the camp fire burnt bright and strong.

Like the camp fire, the Nanyang spirit was also burning strong!

为了欢迎中一学生加入南洋大家庭，学生领袖组织了游戏及参观学校等既有趣又令人兴奋的迎新活动；级任老师也通过破冰游戏和班聚会，更好地了解学生们。

迎新活动的最后一天，学生领袖在植物园主办了一场精彩的比赛，中一新生一边欢乐地玩游戏，一边欣赏着美丽的大自然。

营火晚会把迎新活动推到了高潮，每个班级的节目各有千秋，处处展示了她们的才华和团队精神。在制服团体负责老师和学生的帮助下，燃起了红彤彤、金灿灿的营火，南洋精神就像熊熊营火燃烧着、燃烧着，直到永远！



在南洋女子中学校实现 “零废弃”

TOWARDS ZERO WASTE AT NYGH

Nature Society, teachers-in-charge Mr Benny Koh

& Ms Natalie Teng

自然学会负责老师许振程先生和丁雁珊小姐

GOING GREEN IN THE CANTINEEN

REPLACING PLASTIC BAGS WITH SMALL BOWLS TO HOLD FREE FRUIT

Students & staff have to collect their fruit from the fruit stall. A token system will be implemented for the collection of fruit. A trial for the token system will be conducted.

WHAT TO DO WHEN YOU RECEIVE A TOKEN

TRIAL

- buy your food as usual
- collect a token (ice cream stick) from the food stall
- go to fruit stall give your token
- enjoy your meal
- collect your bowl of fruit

WEEK 0

WESTERN, VEGETARIAN, BAN MIAN

NO TAKING AWAY FOOD AND DRINKS USING DISPOSABLES

If you need to take away, please bring your own lunchbox, cutlery and cup/bottle.

ECO-FRIENDLY DISHWASHING LIQUID AT SINKS

Eco-friendly dishwashing liquid and sponges will be provided at the canteen sinks for washing lunchboxes, cutlery and cups

FOOD WASTE

Food waste should be placed in the food waste bin for composting.

THANK YOU FOR DOING YOUR PART FOR THE ENVIRONMENT!

*The replacement of plastic bags with small bowls is still a trial and progress is closely monitored. 用小碗取代塑料袋仍是一个试验，我们密切监测进展。

配合我国“迈向零废弃年”和环境保护的目标，学校食堂今年已开始以多种方式实现绿色环保。

In line with the nation's agenda on 'zero waste' and care of the environment, the school canteen embarked on going green in a number of ways this year.

Students also took the opportunity to share examples of recycling at the Launch of Singapore's Year Towards Zero Waste at Our Tampines Hub.



The examples included 3R posters designed by students, placed around the school campus as well as upcycled products such as a file-paper holder using a cereal box, bin-liner using the wrapper for printing paper reams and a plant pot using a milk bottle.

学生在淡滨尼中心举办的新加坡零废弃年启动仪式上，分享我们的回收物品的经验。



Our students photographed here with TV host Denise Keller, emcee for the launch and Zero Waste ambassador.

我校学生与电视节目《零废弃大使启动仪式》主持人黛妮丝·凯立 (Denise Keller) 合影。



Our students interacting with Guest of Honour Mr Masagos Zulkifli, Minister for the Environment and Water Resources.

学生与荣誉嘉宾环境与水资源部长马善高先生谈话。

Together with our 'zero waste' efforts, the school has acquired a composter that takes care of the food waste. Once the compost is ready, it is used in the backyard garden.

配合我们的“零废弃”计划，学校已安装了一个处理食物残余的合成器。堆肥准备好后，就会使用来为学校的暖情花园施肥。



AUTHENTIC LEARNING

小小拇指

31 AUG TO 13 SEPT 2018 PUBLICATION - 出版日

Reflection by teacher **Xie Shangyi** from the Aesthetics Department :

This project stems from my personal training and prior job experience as an illustrator with the newspaper and I find the process of translating stories in written form to communicate visually a valuable learning and practice for the students. Hence when the opportunity to collaborate with Thumbs Up Students Publication arose last year, NY AEP enthusiastically hopped on and planned the children stories illustration module for the Sec 1 AEP students. Many of the students were able to draw digitally in their various styles referencing many online tutorials and artists featured, however the ability to translate written into visual and restricting to just 4 frames comic narrative, targeting young children, was the main challenge. Coincidentally, the Language Arts Department had their story-telling assessment then and the students each had a narrative readily available to be translated into illustration. Tapping on their narratives created for their Language Arts assignments, the students began to design characters and sets for the stories before digitising their drawing and manipulating them on computers. Finally, as it was to be published in the Chinese student's newspaper, the students were tasked to translate the narrative into simple Chinese that little children would be able to relate to. The editors of the students newspapers were very impressed with the meaningful narratives and quality of the drawings produced by the students and decided to publish and feature their works. This children's story illustration is an authentic task as the students took on the role of illustrators and underwent the process from conceptualisation to publishing.

谢尚怡的反思：

这个项目源自于我个人的培训和作为报纸插图画家的经验。我发现以绘本的形式来阐述故事，可以为學生提供有价值的学习体验。

去年有机会与小小拇指学生出版社合作。南中美术特选课程学生热情地为中一美术特选课程学生策划了儿童故事插图单元。学生以各种风格进行数码化绘画，她们参考了许多在线教程和学习各个艺术家的特色，但是要将书面文字转化为视觉形式的四格漫画，为儿童讲述故事，这其实是一项挑战。

刚巧当时语言艺术科正在进行学生故事创作的评估工作。学生已有现成的故事，可以随时将故事转化为绘本。她们塑造了故事，刻画了人物，然后将绘本数码化。由于这些故事将在中国学生报上发表，她们便把故事翻译成简单的中文，以方便儿童阅读。

南中学生创作的绘本的质量及富有意义的故事，给学生报的编辑留下了深刻的印象，他们决定出版和展示学生的创作。

在这项真实的任务中，学生们扮演了插画家的角色，同时也体验了从概念化到出版的过程。



Art work by Wang Zixuan, Sec 305 (AEP student, done in 2017)
王子轩, 305班 (美术特选学生) 的艺术作品 (2017年完成的艺术作品)

ANNUAL PRIZE GIVING CEREMONY

O-Level Good Progress Award 2018

年度颁奖典礼

2018年O水准剑桥普通教育证书（普通水准）进步奖



Congratulations to **Emma Lim** on receiving this award. Emma believes that each failed step is motivation to do better. She reflects that the real push came after the release of the Secondary 3 EOY results. Disappointed that she had not achieved the results she had hoped for, Emma decided to change the way she studied.

恭喜**林思宁**获得此奖项。思宁认为，每一次失败都是做得更好的一种动力。在中三年终考试成绩公布后，她感到很失望，没有取得理想的成绩，思宁决定改变她的学习法。

So how did she change the way she worked at her studies?

"With the same hectic dance schedule as the previous year, I needed a more cohesive and efficient study plan. I took notes during each lesson and revised at the end of each week. When I studied alone, I restricted myself to using my devices only when I needed to refer to notes. It was such a struggle resisting the urge to check my phone every time it buzzed. However, by saving those 5 seconds each time, I was able to put in more work and had more time to revise. I admit that this is still work in progress for me today, but I truly believe that this helped me to use my time more efficiently. And one of my greatest prides is my improvement in Chemistry, which went from F9 in Secondary 3 to A2 in Secondary 4."

Emma's advice to her juniors:

Don't let failure bring you down. Figure out what went wrong and find a way to tackle the problem in your own way. You don't have to follow your friends study method — everyone is unique and learns at a different pace. Try to find that rhythm and you'll soon notice small improvements here and there. If you run into trouble, don't forget that your teachers are always there for you. If you're too shy to ask questions in class, you can always arrange for consultation sessions or even send them an email. Lastly, if you're at that stage where your results aren't stellar or completely terrible, my advice is to start working now. It may seem early, but it'll truly help you in the long run. 加油!

那么她如何改变学习方法呢?

"与前年相同的是，舞蹈排练时间表既满又紧，我需要一个更有效率的学习计划。我每节课都做笔记，并在周末时进行复习。当我独自学习时，我只限在必要时才使用我的电子设备。这是一场艰难的挑战，我学会抑制自己的冲动，每当手机嗡嗡作响时，不要去检查手机。通过每次省下的5秒钟，我能够更投入地学习。今天我仍强迫自己这么做，但我相信，这的确有助于我更有效地利用时间。我最大的自豪就是，我在化学科方面取得的进步，从中三的F9到中四的A2。

思宁对学妹们的建议:

不要因为失败而失望，设法找出问题的症结，并以自己的方式解决问题。你不必效仿你的朋友的学习法——每个人都是独一无二的，请务必以你自己的步伐学习。尝试找到自己学习的节奏，你很快就会发现到在方方面面取得的小小改进。如果遇到麻烦，请不要忘记你的老师总在那里帮助你。如果你太害羞不敢在课堂上提问，你可以随时安排时间向老师请教，甚至向他们发送电子邮件。最后，我建议你从现在开始努力，虽然时间看起来还很早，但从长远来看，它确实对你有帮助。加油!



Dialect/ Mandarin/Malay/ English Speaking Student Volunteer Docents for Presidents' Young Talents 2018, Singapore Arts Museum (SAM)

Secondary 413 and S4 MSP students were invited to volunteer as docents at SAM's 2018 Presidents' Young Talents (PYT) which showcased 5 installations from 5 Young Singaporean Artists, from 4 Oct 2018 to 27 Jan 2019. They were involved in guiding seniors who visited the museum as part of its Community Programme. Our students attended 2 training sessions and prepared themselves to engage in Hokkien, Cantonese, Malay, Mandarin and English.

One of our students shares her experience with us in Malay and Chinese.

方言 / 华语 / 马来 语 / 英语导览员 2018年新加坡艺术 博物馆总统青年志 愿导览员

从2018年10月4日至2019年1月27日艺术博物馆展示了5位年轻新加坡艺术家的5个艺术装置, 413班和中四马来文选修课学生受邀担任这段期间的志愿导览员。

她们带领乐龄人士参观博物馆, 这是社区计划的一部分。之前, 她们参加了2个培训课程, 她们用福建话, 粤语, 马来语, 华英语来讲解。

其中一位学生与我们分享了当她当马来和华语导览员的经历。

我在新加坡艺术博物馆 当导览员的体验

幸晓思 (401)

通过这次在新加坡艺术博物馆的经验, 我学会了如何当一位博物馆导览员。我们向乐龄人士介绍馆内的艺术品。这样的机会让我很感恩, 我接触到的乐龄人士也都十分专注地聆听我的讲解。

我的马来文虽然不是很流利, 但说马来语的乐龄人士都对我很有耐心, 还给了我不少鼓励。我知道我虽然能力不足, 但向这些乐龄人士介绍艺术品是我的责任, 所以我会尽力而为。

为了准备当乐龄人士的导览员, 我参加了两次训练, 我对这些艺术品有了较深刻的了解, 我也准备了一些思考题。虽然我费了不少心思, 但当我为乐龄人士讲解艺术品, 帮他们理解艺术家如何通过作品传达信息, 我觉得一切的努力都是值得的。

我希望以后还有机会以这么有趣的方式服务社会。

Pengalaman Saya di Muzium Seni Singapura

Melalui pengalaman saya di Muzium Seni Singapura (SAM), saya belajar menjadi pemandu muzium dan berinteraksi dengan warga tua untuk berkongsi tentang karya-karya seni di galeri tersebut. Saya berasa sangat gembira dan bersyukur kerana diberikan peluang ini. Warga tua yang saya temui sangat baik dan memberikan saya sepenuh perhatian.

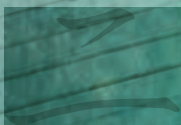
Walaupun saya kurang fasih dalam bahasa Melayu, warga tua yang tahu bahasa Melayu masih bersabar mendengar penerangan saya. Mereka juga memberi saya galakan. Saya tahu saya kurang mampu menerangkan karya-karya seni ini kepada warga tua adalah satu tanggungjawab penting dan saya perlu cuba sedaya upaya.

Sebagai persediaan untuk acara ini, saya perlu menjalani dua sesi latihan. Saya telah cuba mempelajari, bertanya soalan dan mendapatkan penjelasan tentang karya-karya seni dalam pameran tersebut. Saya perlu bekerja keras tetapi pengalaman ini terasa sangat berbaloi apabila saya boleh berbual-bual dengan warga tua dan membantu mereka memahami apa yang setiap artis cuba sampaikan.

Saya berharap saya akan mendapat peluang untuk berkhidmat kepada masyarakat dengan cara yang menarik seperti ini.



2018 CCA SCHOLARS 课外活动奖学金得主



Zhou Qiaohan 周俏含 (109)

Qiaohan practises the Erhu for at least 15 hours a week. She has a great passion for Erhu as it is not just a fascinating instrument for her but also because it represents the Chinese culture. She hopes to participate in international competitions and spread the joy of playing the Erhu to others.

周俏含每周至少练上15小时二胡。她对二胡有着极大的热情，它不仅是一件令人着迷的乐器，也因为代表了中华文化。她希望参加国际比赛并将二胡演奏的乐趣传播给他人。

Berlynn Ng 黄宣祺 (105)

Berlynn was selected for the Singapore National Wushu Youth Team in 2017. She trains 6 days a week and has represented Singapore in international championships held in Korea (2017) and Brazil (2018), and has bagged two gold awards and one silver award. She is currently vying for a place in the team that will compete in the upcoming Junior Asian Championship in Brunei and hopes to achieve podium finish.

黄宣祺于2017年入选新加坡全国武术青年队。她每周训练6天，曾代表新加坡参加在韩国（2017年）和巴西（2018年）举行的国际锦标赛，并获得两项金奖和一项银奖。她目前正在争取即将在文莱举行的亚洲青少年锦标赛团队的出赛权，希望她能代表国家出征并凯旋归来。



Engaging the text, Engaging the Writer

LANGUAGE ARTS STUDENTS DIALOGUE WITH WENA POON

Deeply moved by a story in the Sec 4 Language Arts text 'CrossWorlds: Short Stories on Global Themes', Chen Heng-Yi of S409, invited author Wena Poon, who wrote 'Development', to the school. Language Arts students gathered to meet Ms Poon and to pose questions that ranged from writer's intent to character development and themes that paved the way to a rich and well-paced discussion, giving students the opportunity to take learning beyond the text and the classroom.

与作家有约，沉浸于文学创作中 语言艺术学生与方慧娜对话

409班的陈衡奕同学深受中四年级语言艺术文本“交错世界：全球主题短篇小说”中的故事所感动，她邀请了作家方慧娜（Wena Poon）来到南中的课堂。语言艺术学生聚集在一起，与方女士会面并交流，讨论内容从作家的写作动机到人物性格的塑造，从如何丰富情节到主题的铺垫。交流会让学生有机会超越文本，超越课堂学习。